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Title: The relationship between junk food consumption and growth curve status of children in the city of Mashhad 24-6 months

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Abstract: Introduction: Due to empty the junk vitamins, minerals and small amounts of energy and protein are the risks that fill the stomach, small children and opportunity to reduce his appetite feeding nutritious food to take from him. Considering this situation and that junk food consumption patterns in children under 2 years of Mashhad had not been studied so far this study to determine the relationship between junk food consumption and growth status of children under two years in Mashhad city was conducted.

METHODS: This study is a descriptive study as CrossSectional interview with 300 mothers with children from 24 to 6 months referred to health centers selected and questionnaires have been completed.

Results: mothers in terms of education: 15.3 percent in primary education, 16.3 percent guidance, 50 percent of high school and college education had a .318 percentage. Educated fathers were as follows: 13.3 percent of elementary guidance 20.7 percent, 48.7 percent diploma and 17.3 percent had a university . employed. In terms of economic status of families: Low income 13.7 percent, 82.7 percent and 3.7 percent of average income have a good income. 11.3 percent of mothers as have the regularly snacks to feed your child use and 44 percent of mothers also sometimes snacks for their children have used the terms of the number of cases, 38.3 percent of mothers once per day, 18.3 percent twice a day and 0.7 percent of a three times higher respectively. 15.7 percent of mothers of any educational growth of their children from health care personnel not receiving medical treatment, and 39.7 percent also sometimes trained have. Results showed 35 percent of children aged Less than six months have received supplementary feeding. Results also showed significant correlation between parental education, household income, go to health centers for child growth monitoring, education received from health care personnel, taking snacks and count it varied growth status of children is available, so whatever the number of snacks consumed less family income and higher parental education is better and better child growth is (p <0.05).

Conclusion: Considering the adverse effects uncontrolled consumption of junk foods, with the aim of strengthening educational programs to promote consumption of nutritious traditional snacks should be considered. Undoubtedly, the health sector in promoting the mission of culture and community nutrition education, particularly increasing the knowledge of parents regarding child nutrition is important and should be the priority health programs. Also, associated with parental education few have not snacks are essential.

Keywords: snacks - growth status - children under two years - city Mashhad

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